

ACHIEVEMENT



For the most part, students who enjoy playing college sports are very serious about academics when off the field, court or track.

In order to make sure student athletes can keep up with both their studies and their athletics many schools make freshman take part in an accountability program. This involves making a detailed calendar of activities, keeping and reporting regular study times and meeting regularly with a faculty member.



BALANCE

A good athletic program prepares students for success beyond the playing field. First priority should be graduation. Students should earn a degree in a field they are excited about. Second priority is a student's personal development. Thirdly, is to teach students to be the best player they can be in whatever sport they choose.



**Athletic Department
569 South Street
Philadelphia, PA
98524**

**Phone (704) 555-0125
Fax (704) 555-0145
www.athletcdept@college.org**

ATHLETICS IN COLLEGE



WHAT YOU NEED TO KNOW

ADVANTAGES TO PLAYING SPORTS IN COLLEGE

Sports on campus can be a big part of the college experience. But what does playing sports in college do for the athletes themselves?

1. Support from coaching staff and fellow team members adds to the support from professors. Coaches are there for their team on many levels, from helping them through emotional slumps to encouraging them academically.
2. Easier socialization. Studies have shown that the transition from high school to College is easier for student-athletes. Being part of a “team” as soon as you arrive on campus can jump start the adjustment process.
3. Fitness. Participating in athletics not only gives the student benefits of regular physical activity, but a motivation to learn about and practice good nutrition
4. Academic motivation. Students who play sport are required to keep up their grades. Being required to stay on top of their studies so they can stay on the team makes the difference between success and failure.
5. Professional opportunities. Very few college athletes go on to play professional sports. But the social networks they develop through athletics, and the team-building skills they learn on the playing field can give young athletes a head-start in the business world. Having been a team leader or a good team player in college not only prepares a student for the business world.



DISADVANTAGES OF PLAYING SPORTS IN COLLEGE

1. Traveling. Most students would love to travel a week or two in the middle of semester, but it's not that easy. Depending on what classes students are taking traveling and keeping up with your classes can be tough. As a traveling team, out of state games aren't vacations. Traveling alters the body's routine and sleep schedule. There are practices every day sometimes twice a day that can be exhausting especially when hours of sleep are being lost.
2. Work Ethic. School sports can become a negative when they detract from the academic experience that schools are providing. Extracurriculars, including sports, take time that otherwise might be devoted to studies. Schools need to be careful to monitor the amount of practice time, both official and “voluntary,” that participants are expected to devote to their sport. They also need to be sure that athletic success isn't emphasized more than academic achievement. It's up to you to learn how to best manage your time to keep up academically.

3. Sleeping Habit. If you're not a morning person, you may not have the easiest time becoming a student athlete. Coaches often schedule early practices to avoid conflicting with classes and exams.

4. Other Interests on Campus. It is difficult to manage sports and academic responsibilities while being involved in a variety of on-campus clubs.

5. Plans to Study Abroad. If you ever dreamt of studying abroad you will have to take a break in your athletic career. Taking a break from your sport and trying to get back into your sport when you get back from studying abroad will be quite difficult.

